

# ASTHMA & ALLERGY

## BULLETIN

ASTHMA AND ALLERGY FOUNDATION OF AMERICA • NEW ENGLAND CHAPTER

### U.S. FDA Approves kaléo AUVI-Q® Epinephrine Auto-Injector for Infants and Small Children

Kaléo announced on November 20, 2017, that it had received approval from the FDA to manufacture the AUVI-Q device containing a 0.1mg dose of epinephrine with a shorter needle length, to treat infants and small children who experience a serious allergic reaction.

This is the first, and only, epinephrine auto-injector device designed specifically for infants and small children who weigh 16.5 to 33 pounds. It will have the same electronic voice instructions as well as written steps to follow as the AUVI-Q .15mg and 0.3mg epinephrine auto-injectors already available.

The AUVI-Q 0.1mg device is expected to be available sometime during the first half of 2018.

For more information about AUVI-Q, go to:  
[www.auvi-q.com](http://www.auvi-q.com).



### Empowering Children and Reducing Food Allergy Fears

by Jennifer LeBovidge, PhD

Parents of children with food allergy know that allergy management can feel like a balancing act. Given the potential for allergic reactions, it is important to take food allergies seriously. However, we don't want children to feel overwhelmed, or restrict participation in normal childhood activities out of fear. A recent study looked at different patterns of coping with food allergy and found that the families with the best quality of life were the "balanced responders." These were families that had good allergy management skills and were vigilant, but had found ways to integrate allergy management into daily life. Importantly, children in these families took an age-appropriate role in allergy management, which likely helped them to feel more confident.

**What are steps that families can take to help empower their children with food allergies and promote balanced coping?**

**Focus on routines, not risks.** Children take their cues on how to handle challenging situations from their parents. Common language such as "life threatening food allergy" can be important for educating other adults, but can be scary for children. When parents project a calm, matter-of-fact approach to daily routines such as reading ingredient labels and carrying the auto-injector, children get the message that food allergies are serious business, but they are manageable!

**Work as a team.** Involving children in allergy management gradually over time can help them develop confidence in their skills well before they are

managing allergies on their own. As children learn to read, they can practice reading ingredient labels with their parents. Children and teens can practice reading restaurant menus with parents and role-play language for handling common situations, such as asking about ingredients or explaining allergies to others. Practicing with epinephrine auto-injector training devices in a non-stressful situation can also increase comfort in the event of an emergency. Epinephrine can be presented to children as a safe medicine that works quickly to stop allergic reactions. Although it can be tempting for parents to "take over" allergy management to keep kids safe, this gives the message that the child can't handle the situation. Providing support and coaching

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## EMPOWERING CHILDREN (continued from page 1)

children in problem-solving skills will help them develop a sense of competence.

**Process reactions.** No one wants the child to have an allergic reaction, but if a reaction does happen, this can be an opportunity for learning. This includes thinking about what can be changed for next time, but also what went right! For example, "I was so proud that you told your teacher when your body didn't feel right" or "Now we know we can give the auto-injector and how well it works."

**What are some signs that a child might be experiencing anxiety about their food allergy?**

**Refusing to eat outside of the home** (e.g., bringing their lunch home uneaten from school, choosing not to eat at a play date or restaurant when safe options are available).  
**Repetitive safety questions and behaviors** (e.g.,

repeatedly seeking parents' reassurance that food is safe, checking ingredient labels or washing hands again and again). Although these are all adaptive behaviors, in this case children do them repeatedly and never really feel more confident.

**Changes in eating habits,** such as refusing foods they previously enjoyed or being less willing to try new foods.

**Fear of being near a food they are allergic to,** even if they are not going to eat the food.

**What are steps parents can take to help children manage anxiety about their food allergy?**

**Thank the child for taking their allergies seriously.** Kids should understand that we want them to take steps to stay safe AND feel confident!

**Listen carefully,** to develop

(continued on page 3)

## COMING THIS SPRING



**Be on the lookout for details to come about our next Speaker Series event, with a delicious twist!**

**Early Spring Eating Out with Food Allergies Event with Tara McCarthy, Registered Dietitian who specializes in Food Allergies, and Nick Harron, Chef and owner of Evviva Cucina Restaurant.**

Come mingle with friends and AAFA NE members at Evviva Cucina in Westford while learning about eating out with food allergies. Two professionals will be available to guide you, answer questions and make eating out more enjoyable and less stressful, while you sample delicious food and appetizers. Ages 21 years and older for this cocktail party event!

## EMPOWERING CHILDREN (continued from page 2)

a better understanding of the child's specific worried thoughts (e.g., worry that someone else's food could touch them during lunchtime or fear of the auto-injector). This will help to tailor the approach to the problem.

### **Correct misperceptions.**

Some children may have misunderstandings about what situations put them at risk for an allergic reaction (often these are worries about serious reactions just from being near or smelling a food). Consider checking in with your allergist, who can provide children with accurate education about food allergy management.

**Involve children in creating a coping plan** for situations the child is worried about. This should always start with reviewing all of the "smart steps" that children and families take to manage allergies in the particular situation.

**Replace worried thoughts with smart thoughts.** Children can turn management strategies and facts into "coping thoughts" or mantras. For a child who is nervous about eating lunch at school, this may include "I'm only eating my own food," or "If someone else's food spilled on me, I'd tell an adult and wash it off." For a child nervous about trying new foods, it could be, "We read the label, and this is a safe choice for me." Having children generate these thoughts themselves (or with adult collaboration) is typically more effective than a parent "telling" the child that everything will be okay.

**Break challenges into smaller, more manageable steps.** A

child who is nervous about trying new foods can start with new foods that are similar to foods they are already eating. A child who has refused to eat at restaurants could start by going to the restaurant with their family and eating food brought along from home, or ordering one very simple item from the menu to build confidence.

**Remind children that there is a plan for emergencies too.** Many children feel nervous about "shots" and worry about the auto-injector. Children should know that many kids who've had epinephrine administered actually report that they felt relieved afterwards, because it was less painful than expected and worked quickly to stop allergic symptoms!

### **Who can help?**

If the child is experiencing ongoing anxiety that is getting in the way of daily activities or causing changes in their eating habits, it may help to meet with a mental health professional. This can be framed as similar to working with a coach to gradually build skills in other areas of a child's life (e.g., basketball coach, piano

teacher). Talk to your child's pediatrician or allergist for referrals to a professional who can help.

### **Reference:**

Fedele et al. Patterns of Adaptation to Children's Food Allergies. *Allergy* 2016;71:505-513.

## OPPORTUNITY TO VOLUNTEER!

AAFA New England would love to have you volunteer at our office in Needham, MA to help us raise awareness about allergies and asthma.

If you would like to learn more about volunteer opportunities with AAFA New England, please email us at: [aafane@aafane.org](mailto:aafane@aafane.org), and use the subject line: VOLUNTEER.

*Jennifer LeBovidge, PhD, is a psychologist in the FACETS (Food Allergy Evaluation, Treatment, and Support) Program at Boston Children's Hospital and an Assistant Professor in Psychology at Harvard Medical School. She works with children and families to develop positive coping strategies for food allergy management and coordinates groups for children with food allergy. Dr. LeBovidge has co-authored a handbook for parents of children with food allergy, "Living Confidently with Food Allergy." She is a member of the AAFA NE Board of Directors and Medical Advisory Committee.*



**SANOFI GENZYME** 

AAFA New England is pleased to have received a \$20,000 grant from Sanofi Genzyme to develop and implement in 2018 "Be Smart and Breathe Easy", a proactive, educational program which will be designed to improve asthma management and outcomes for students who have a diagnosis of asthma in Boston city schools. The program will utilize current research and related information to help educate school staff to recognize asthma triggers found indoors which may significantly impact asthma episodes, how to remediate these triggers, and how to promote a better understanding of treatment options.



AAFA New England continues to monitor current research in the field of asthma and allergies in order to bring you the most up-to-date information, and was present at the New England Society of Allergy (NESA) Fall 2017

Meeting held in Mystic CT on October 13-14. NESA provides educational meetings to inform its membership of the latest developments in allergy and immunology.



Our Fall 2017 Speaker Series Events were both informative and well attended! Michael Pistiner, MD shared evidence-based recommendations about how to manage food allergies at school at Newton-Wellesley Hospital on November 6, and Carla Lamb, MD, explained bronchial thermoplasty as a treatment for severe asthma at Lahey Hospital and Medical Center in Bedford on November 14.

Thank you to Dr. Pistiner and Dr. Lamb for sharing their expertise!



AAFA New England Board President Jan Hanson, MA addresses attendees at the Massachusetts Credit Union Share Insurance Corporation (MSIC) Holiday Party Fundraiser. **See page 7 for the story.**

### **AAFA New England is a proud member of Community Health Charities**

*Help us help YOU by earmarking donations through the charitable giving campaigns at your workplace.*

*If you donate to AAFA New England directly, don't forget to ask about your employer's "matching gift" program.*





## NO DAIRY NO PROBLEM

When a family first hears that they cannot have dairy there is sometimes panic and confusion as to what to eat. As a nutritionist whenever I hear about a child having to eliminate a food, the first thing that comes to mind is not all the foods they cannot have. My brain thinks about what nutrients are in the food that they have to eliminate and how can I recommend other foods to meet their needs.

Milk/Dairy to me screams Calcium, Protein, Vitamin D and most importantly for children, calories.

**Protein:** Most Americans eat more than the recommended intake of protein daily and sometimes have protein at each meal even without dairy. I usually do not worry about missing out on protein unless they also cannot eat meat, fish, eggs, nuts, beans or seeds.

**Calcium:** Dairy and dairy substitutes are almost equivalent in milligrams of calcium per cup. You are looking for about 35% of calcium, which is equivalent to 350 mg/8 ounces. Children age 1-3 need 700 mg/day and 4-8 year olds need 1000 mg/day and 9-18 year olds need 1300 mg/day.

**Vitamin D:** Our needs are 600IU/day from age 1-70. Before one, 400IU/day and above 70 it goes up to 800IU/day. You can get Vitamin D naturally from the sun but in many areas like the Northeast it is too cold for several months and we are not exposed to

the sun to get sufficient Vitamin D. Very few foods contain Vitamin D naturally but all dairy products and cereals are fortified as well as dairy substitutes like pea protein milk, oat milk, hemp milk, almond milk and soy milk, each about 150IU/cup.

**Calories:** This is the most worrisome part for many children or breast-feeding moms having to avoid milk. If you just take away dairy and do not provide a milk substitute the child will consume anywhere from 100-300 calories less per day. (This is based on a glass of 1% milk to 1 glass of milk, plus yogurt, plus a piece of cheese in a day) Many kids may have 2 glasses of milk, a yogurt, a piece of cheese and maybe cheese crackers shaped like fish which would add up to ~500 calories in a day.

There are several different milk substitutes to try! It would depend on if you had to stay away from other foods as well and what we are missing from our diet (protein, or calories) because this is what makes me pick one milk substitute over the other. Here is a handy table of milk substitutes and their nutritional values. It may vary by brands but these are estimates.

Milk Substitute (unsweetened)	Calories/cup	Protein/cup	Calcium/cup
Pea	70	8grams	450mg
Oat	120	2 grams	350 mg
Hemp	60	3 grams	200 mg
Almond	40	1 gram	450mg
Rice	70	0 grams	250mg
Potato	90	6 grams	450mg
Soy	90	9 grams	300 mg

There are also several companies who make dairy free yogurt and dairy free cold treats. My advice to families is do not try and recreate tiny cheese crackers shaped like fish but find a naturally dairy free crunchy snack to replace this old snack, like popcorn with safe butter or pretzels or potato chips or veggie chips. Instead of making macaroni and cheese or stuffed shells, where dairy is a large component of the meal, make tacos without the cheese or pulled chicken on rolls. Think of all the foods that you can have safely and work from that list.

I encourage any family who is avoiding one food or several foods that is struggling, to get in touch with a dietitian who specializes in food allergies.

**Tara McCarthy MS,RDN, LDN**  
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*Tara McCarthy received her undergraduate degree in Nutrition from James Madison University and masters of Science degree in Nutrition from Boston*

*University. Tara has been a Registered Dietitian since 1999 and at Boston Children's Hospital in pediatrics for over 15 years. She specializes in children who have to eliminate foods from their diet for different reasons including FPIES, EOE, Food allergies and Intolerances, celiac disease and CSID. She continues to help families face the everyday challenges of feeding a family at the hospital and in her private practice.*



## FOOD ALLERGIES ROCK

*Written by Carla Uzzell*

"Food Allergies Rock!" shouted nearly 200 of Kyle Dine's fans in unison on Sunday, October 29th. The free event organized by AAFA NE was held at Needham High School. Kyle Dine's food allergy concert was an opportunity for families impacted by allergies to come together to sing, dance and talk about dealing with allergies.

Nineteen sponsors with free samples were present with products that support living a full life with allergies. This was the 6th Kyle Dine Concert organized by AAFA NE and it was well attended and full of energy as many of the children wore their Halloween costumes and even paraded around while Kyle sang motivational music.

Who is Kyle Dine? Kyle Dine is a food allergy musician who sings songs with upbeat lyrics that explain,

inform and educate listeners about symptoms, tricky situations, and strategies for coping in life when you have food allergies. He has two lively cds full of original music plus he has a dvd where he educates with puppets and skits. Kyle Dine is a talented musician who captivates his young audience through meaningful lyrics and educational skits focused on allergies. Kyle tours the US



visiting schools and performing at public events. Learn more about how to invite him to your school at his website: [kyledine.com](http://kyledine.com). Kyle has cds and a DVD available for purchase for

your public library, school nurse and school libraries so we can spread the word to educate others who are not living life with food allergies how to keep friends with food allergies safe.

My family met Kyle Dine at a public event in 2010. Our daughter was four years old at the time and the world seemed a daunting place for my severely allergic kid. Through AAFA NE support groups and Kyle Dine's music and lyrics, I am proud to say that we have met every challenge head on and felt prepared in all that life has handed us. On October 29, 2017, our healthy 11 year old volunteered to help sponsors pass out free samples at Kyle Dine's concert, a venue where she used to sit in the front row and sing along. We will be forever grateful for AAFA NE's support groups, Kyle Dine's lyrics and allergy friendly companies that have helped us navigate the past seven years.

## CORPORATE PARTNER MSIC HOSTS HOLIDAY PARTY AND FUNDRAISER FOR AAFA NEW ENGLAND

On Thursday, November 30, 2017, the Massachusetts Credit Union Share Insurance Corporation (MSIC), held its Holiday Party in Boston, which also served as a fundraiser for its charitable partner, the Asthma and Allergy Foundation of America - New England Chapter (AAFA NE).

This wonderfully festive event was held in the Atlantic Room of the Boston Harbor Hotel and was attended by over 120 credit union CEOs, senior executives, Board members and their guests to celebrate the season, all while raising money to support the important and life-saving mission

of AAFA New England: to improve the quality of life of individuals throughout New England who suffer from asthma or allergies.

Through the generosity of MSIC's member credit union community, as well as MSIC's own corporate sponsors, over \$24,000 was raised for AAFA New England's significant and imperative work to serve those who struggle with these chronic health conditions.

MSIC is proud to work with AAFA NE to help them bring awareness, research, education, training and assistance to those who need it most. MSIC is honored to be part

of the spirit of cooperation and kindness which encompasses the mission and mindset of the credit union community.



AAFA New England Board members who joined MSIC for this celebration were Suzanne Ginouves, Jan Hanson, Board President, Jenny LeBovidge, PhD, and Mark Uzzell.

# THANK YOU TO OUR CORPORATE PARTNERS

*AAFA New England is grateful for the support of our Corporate Partners for 2017. Their generous support allows us to provide valuable resources to help our members live life fully with asthma and allergies.*



## ASTHMA & ALLERGY BULLETIN

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*The Asthma and Allergy Foundation of America, New England Chapter, is dedicated to helping people with asthma and allergic diseases, and those who care for them, through education, support for research and an array of services.*

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**Membership in AAFA New England helps you and others with asthma and allergies to enjoy fuller lives.**

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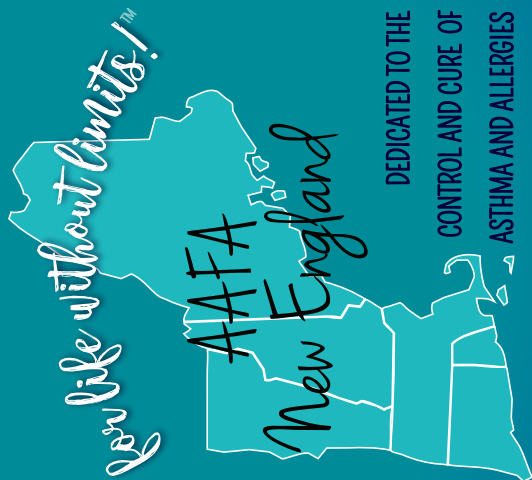
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*To receive future issues at home, become a member of AAFA New England. (See page 7 for details.)*



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